

1-2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     |     |     |  |     | 1   | 2   |
| 3   | 4   | 5   | 6<br>SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262       | 7   | 8   | 9   |
| 10  | 11  | 12  | 13<br>STRESS<br>10:00 am & 1:15 pm<br>Call 270-4262                  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20<br>BENEFITS<br>OF EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262 | 21  | 22  | 23  |
| 24  | 25  | 26  | 27<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262    | 28  | 29  | 30  |
| 31  |     |     |  |     |     |     |

2 - 2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     | 1   | 2   | 3<br>CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262  | 4   | 5   | 6   |
| 7   | 8   | 9   | 10<br>MEDICATIONS<br>10:00 am & 1:15 pm<br>Call 270-4262             | 11  | 12  | 13  |
| 14  | 15  | 16  | 17<br>SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262      | 18  | 19  | 20  |
| 21  | 22  | 23  | 24<br>STRESS<br>10:00 am & 1:15 pm<br>Call 270-4262<br>Call 270-4262 | 25  | 26  | 27  |
| 28  |     |     |  |     |     |     |

3 - 2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     | 1   | 2   | 3<br>BENEFITS OF<br>EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262  | 4   | 5   | 6   |
| 7   | 8   | 9   | 10<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262    | 11  | 12  | 13  |
| 14  | 15  | 16  | 17<br>CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262 | 18  | 19  | 20  |
| 21  | 22  | 23  | 24<br>MEDICATIONS<br>10:00 am & 1:15 pm<br>Call 270-4262             | 25  | 26  | 27  |
| 28  | 29  | 30  | 31<br>SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262      |     |     |     |
|     |     |     |  |     |     |     |

4 - 2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     |     |     |  | 1   | 2   | 3   |
| 4   | 5   | 6   | 7<br>STRESS<br>10:00 am & 1:15 pm<br>Call 270-4262<br>Call 270-4262  | 8   | 9   | 10  |
| 11  | 12  | 13  | 14<br>BENEFITS<br>OF EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262 | 15  | 16  | 17  |
| 18  | 19  | 20  | 21<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262    | 22  | 23  | 24  |
| 25  | 26  | 27  | 28<br>CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262 | 29  | 30  |     |
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5 - 2010

Sun

Mon

Tue

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MEDICATIONS  
10:00 am & 1:15 pm  
Call 270-4262

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12 SODIUM &  
FIBERS  
10:00 am & 1:15 pm  
Call 270-4262

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19 STRESS  
10:00 am & 1:15 pm  
Call 270-4262  
Call 270-4262

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26 BENEFITS  
OF EXERCISE  
10:00 am & 1:15 pm  
Call 270-4262

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6 - 2010

Sun

Mon

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**2** FAT &  
CHOLESTEROL  
10:00 am & 1:15 pm  
Call 270-4262

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**9** CARDIAC  
RISK FACTORS  
10:00 am & 1:15 pm  
Call 270-4262

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**16** MEDICATIONS  
10:00 am & 1:15 pm  
Call 270-4262

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**23** SODIUM &  
FIBERS  
10:00 am & 1:15 pm  
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**30** STRESS  
10:00 am & 1:15 pm  
Call 270-4262

7 - 2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     |     |     |  | 1   | 2   | 3   |
| 4   | 5   | 6   | 7<br>BENEFITS OF<br>EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262  | 8   | 9   | 10  |
| 11  | 12  | 13  | 14<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262    | 15  | 16  | 17  |
| 18  | 19  | 20  | 21<br>CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262 | 22  | 23  | 24  |
| 25  | 26  | 27  | 28<br>MEDICATIONS<br>10:00 am & 1:15 pm<br>Call 270-4262             | 29  | 30  | 31  |
|     |     |     |  |     |     |     |

8 - 2010

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
| 1   | 2   | 3   | 4<br>SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262       | 5   | 6   | 7   |
| 8   | 9   | 10  | 11<br>STRESS<br>10:00 am & 1:15 pm<br>Call 270-4262<br>Call 270-4262 | 12  | 13  | 14  |
| 15  | 16  | 17  | 18<br>BENEFITS<br>OF EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262 | 19  | 20  | 21  |
| 22  | 23  | 24  | 25<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262    | 26  | 27  | 28  |
| 29  | 30  | 31  |  |     |     |     |

9 - 2010

| Sun       | Mon       | Tue       | Wed  | Thu       | Fri       | Sat       |
|-----------|-----------|-----------|--|-----------|-----------|-----------|
|           |           |           | <b>1</b> CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262  | <b>2</b>  | <b>3</b>  | <b>4</b>  |
| <b>5</b>  | <b>6</b>  | <b>7</b>  | <b>8</b><br>MEDICATIONS<br>10:00 am & 1:15 pm<br>Call 270-4262           | <b>9</b>  | <b>10</b> | <b>11</b> |
| <b>12</b> | <b>13</b> | <b>14</b> | <b>15</b> SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262      | <b>16</b> | <b>17</b> | <b>18</b> |
| <b>19</b> | <b>20</b> | <b>21</b> | <b>22</b> STRESS<br>10:00 am & 1:15 pm<br>Call 270-4262<br>Call 270-4262 | <b>23</b> | <b>24</b> | <b>25</b> |
| <b>26</b> | <b>27</b> | <b>28</b> | <b>29</b> BENEFITS<br>OF EXERCISE<br>10:00 am & 1:15 pm<br>Call 270-4262 | <b>30</b> |           |           |
|           |           |           |  |           |           |           |

10-2010

| Sun           | Mon | Tue | Wed  | Thu | Fri | Sat |
|---------------|-----|-----|--|-----|-----|-----|
| Flu Clinic??? |     |     |  |     | 1   | 2   |
| 3             | 4   | 5   | 6<br>FAT &<br>CHOLESTEROL<br>10:00 am & 1:15 pm<br>Call 270-4262     | 7   | 8   | 9   |
| 10            | 11  | 12  | 13<br>CARDIAC<br>RISK FACTORS<br>10:00 am & 1:15 pm<br>Call 270-4262 | 14  | 15  | 16  |
| 17            | 18  | 19  | 20<br>MEDICATIONS<br>10:00 am & 1:15 pm<br>Call 270-4262             | 21  | 22  | 23  |
| 24            | 25  | 26  | 27<br>SODIUM &<br>FIBERS<br>10:00 am & 1:15 pm<br>Call 270-4262      | 28  | 29  | 30  |
| 31            |     |     |  |     |     |     |

11-2010

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Sat

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**3** STRESS

10:00 am & 1:15 pm  
Call 270-4262  
Call 270-4262

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**10** BENEFITS  
OF EXERCISE  
10:00 am & 1:15 pm  
Call 270-4262

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**17** FAT &  
CHOLESTEROL  
10:00 am & 1:15 pm  
Call 270-4262

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**24** CARDIAC  
RISK FACTORS  
10:00 am & 1:15 pm  
Call 270-4262

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12 - 2010

Sun

Mon

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**1**

MEDICATIONS  
10:00 am & 1:15 pm  
Call 270-4262

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**8** SODIUM &  
FIBERS  
10:00 am & 1:15 pm  
Call 270-4262

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**15** STRESS  
10:00 am & 1:15 pm  
Call 270-4262

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**22** BENEFITS  
OF EXERCISE  
10:00 am & 1:15 pm  
Call 270-4262

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**29** FAT &  
CHOLESTEROL  
10:00 am & 1:15 pm  
Call 270-4262

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**31**